



AMENDMENTS TO THE CLAIMS

Claim 1 (**currently amended**): A method comprising
in combination, during a period of time

(a) administering one or more servings of one or more calcium-containing products comprising therapeutically effective amounts of calcium in an amount of at least about 773 mg per day to an obese individual suffering from at least Grade I obesity, with a BMI value of at least about 25.0 treating, reducing or attenuating obesity and thereby inducing a metabolic change in said individual, wherein said metabolic change is weight loss, and

(b) further restricting said obese individual to a caloric intake below ad lib in a range of about 200 to about 2500 kcal per day,

wherein the individual loses weight during the period of time and administering calcium in an amount of at least about 773 mg per day, and

wherein the individual is a woman and the one or more servings comprises at least about 57 servings of dairy per month.

Claims 2, 3 and 4 (canceled)

Claim 5 (**currently amended**): The method according to claim 1, comprising administering wherein said a calcium-containing is contained in dairy products, a dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium, or combinations thereof.

Claim 6 (**currently amended**): The method according to claim 5, wherein said calcium is contained in salmon, beans, tofu, spinach, turnip greens, kale, broccoli, waffles, pancakes, pizza, milk, yogurt, cheeses, cottage cheese, ice cream, frozen yogurt, nutrient supplements, calcium fortified vitamin supplements, or liquids supplemented with calcium, or combinations thereof.

Claims 7- 26 (canceled)

Claim 27 (cancelled): ~~The method according to claim 5, wherein said calcium is contained in dairy products.~~

Claim 28 (previously presented): The method according to claim 5, wherein said calcium is contained in a dietary supplement.

Claim 29 (previously presented): The method according to claim 5, wherein said calcium is contained in foodstuffs supplemented with calcium.

Claim 30 (previously presented): The method according to claim 5, wherein said calcium is contained in foods high in calcium.

Claim 31 (previously presented): The method according to claim 6, wherein said calcium is contained in salmon.

Claim 32 (previously presented): The method according to claim 6, wherein said calcium is contained in beans.

Claim 33 (previously presented): The method according to claim 6, wherein said calcium is contained in tofu.

Claim 34 (previously presented): The method according to claim 6, wherein said calcium is contained in spinach.

Claim 35 (previously presented): The method according to claim 6, wherein said calcium is contained in turnip greens.

Claim 36 (previously presented): The method according to claim 6, wherein said calcium is contained in kale.

Claim 37 (previously presented): The method according to claim 6, wherein said calcium is contained in broccoli.

Claim 38 (**cancelled**): ~~The method according to claim 6, wherein said calcium is contained in waffles.~~

Claim 39 (**cancelled**): ~~The method according to claim 6, wherein said calcium is contained in pancakes.~~

Claim 40 (**cancelled**): ~~The method according to claim 6, wherein said calcium is contained in pizza.~~

Claim 41 (**currently amended**): The method according to claim 1 6, wherein said calcium is contained in milk.

Claim 42 (**currently amended**): The method according to claim 1 6, wherein said calcium is contained in yogurt.

Claim 43 (**currently amended**): The method according to claim 1 6, wherein said calcium is contained in cheeses.

Claim 44 (**currently amended**): The method according to claim 1 6 wherein said calcium is contained in cottage cheese.

Claim 45 (**cancelled**): ~~The method according to claim 6, wherein said calcium is contained in ice cream.~~

Claim 46 (**currently amended**): The method according to claim 1 6, wherein said calcium is contained in frozen yogurt.

Claim 47 (previously presented): The method according to claim 6, wherein said calcium is contained in nutrient supplements.

Claim 48 (previously presented): The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

Claim 49 (previously presented): The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.

Claim 50 (**currently amended**): A method comprising
in combination, during a period of time:

(a) administering on a daily basis one or more servings of dairy products comprising a sufficient amount of calcium to an obese individual suffering from at least Grade I obesity, with a BMI value of at least about 25.0, and thereby inducing a metabolic change in said individual; and

(b) restricting said obese to an individual treating, reducing or attenuating obesity, and thereby inducing weight loss, wherein the individual to a is maintained on restricted caloric intake diet below ad lib in a range of about 200 to about 2500 kcal per day,

wherein the individual is a woman and the individual loses weight during the period of time, and

wherein the sufficient amount is at least about 773 mg of calcium per day and the calcium is contained in dairy products and is administered in an amount of at least about 57 servings of dairy per month.

Claim 51 (previously presented): The method according to claim 50, further comprising attenuating, controlling and/or reducing weight gain and/or increasing the metabolic consumption of adipose tissue.

Claim 52 (previously presented): The method according to claim 1, wherein calcium is administered daily in an amount of at least about 1000 mg.

Claim 53 (previously presented): The method according to claim 1, wherein calcium is administered daily in an amount of at least about 1,346 mg.

Claim 54 (**cancelled**): ~~The method according to claim 50, wherein the calcium is contained in dairy products.~~

Claim 55 (**currently amended**): The method according to claim ~~50~~ 54, wherein the dairy product is milk, yogurt, and/or cheese.

Claim 56 (cancelled)

Claim 57 (**currently amended**): The method according to claim ~~50~~ 54, wherein the amount is at least about 102 servings of dairy per month.

Claim 58 (**cancelled**): ~~The method according to claim 50, wherein the individual has Grade I obesity.~~

Claim 59 (previously presented): The method according to claim 50, wherein the individual has Grade II obesity.

Claim 60 (previously presented): The method according to claim 50, wherein the individual has Grade III obesity.

Claim 61 (**currently amended**): A method comprising
in combination, during a period of time:

(a) administering one or more servings of calcium-containing dairy products comprising therapeutically effective amounts of dietary calcium to an obese individual suffering from at least Grade I obesity, with a BMI value of at least about 25.0, and thereby inducing a metabolic change in said individual; and

(b) restricting said obese individual to a caloric intake below ad lib in a range of about 200 to about 2500 kcal per day,

wherein the individual is a woman and the individual loses weight during the period of time, and thereby inducing a metabolic change in the individual, wherein the metabolic change is weight loss and

wherein the therapeutically effective amount is above 57 servings of dairy per month and the dietary calcium is administered in an amount of above about 400 mg calcium per day.

Claim 62 (previously presented): The method according to claim 61, further comprising increasing the amount of dietary calcium to a level above 400 mg per day.

Claim 63 (previously presented): The method according to claim 62, further comprising increasing the amount of dietary calcium three fold.

Claim 64 (previously presented): The method according to claim 61, wherein the amount of dietary calcium is at least about 1000 mg per day.